

Diabetes Self Management Classes

and

Individual Diabetes Education

Topics covered include:

Diabetes disease process

Glucose monitoring

Nutritional management

Physical activity

Medications including Pump Therapy and Insulin pens

Prevention, detection and treatment of acute and chronic complications

Goal setting and problem solving

Psychological adjustment to Diabetes



Recognized
by the
American
Diabetes
Association

- ▶ Certified diabetes educators - nurses and nutritionists
- ▶ Each group class includes 8 hours of diabetes education taught over 4 sessions
- ▶ We offer education in individual counseling sessions as well
- ▶ Spouses and family members are welcome at no additional charge

WE PARTICIPATE WITH INSURANCE PLANS

For information regarding **diabetes group classes** or **individual diabetes counseling** and education, please call 973-322-7007 or visit www.rwjbh.org/acc

Services are provided at:

Barnabas Health Ambulatory Care Center,
200 South Orange Avenue, Livingston, NJ 07039

Barnabas Health
Ambulatory Care Center

RWJBarnabas
HEALTH

DIABETES SELF MANAGEMENT CLASSES – 2019

Barnabas Health Ambulatory Care Center
200 South Orange Avenue, Livingston, NJ 07039

A fee applies and pre-registration is required by calling 973-322-7007.

Day Classes: Wednesdays (see below for times)

	<u>Diabetes Class</u> 10:00 am to 12:00 pm	<u>Follow-up Class</u> 11:00 am to 12:00 pm
1 st Series	February 6 (arrive at 9:00 am), 13, 20, 27	March 27
2 nd Series	April 3 (arrive at 9:00 am), 10, 17, 24	May 22
3 rd Series	June 5 (arrive at 9:00 am), 12, 19, 26	July 24
4 th Series	October 2 (arrive at 9:00 am), 9, 16, 23	November 20

Evening Classes: Wednesdays (see below for times)

	<u>Diabetes Class</u> 6:00 to 8:00 pm	<u>Follow-up Class</u> 6:00 to 7:00 pm
1 st Series	January 9 (arrive at 5:00 pm), 16, 23, 30	February 27
2 nd Series	March 6 (arrive at 5:00 pm), 13, 20, 27	April 24
3 rd Series	May 1 (arrive at 5:00 pm), 8, 15, 22	June 19
4 th Series	September 4 (arrive at 5:00 pm), 11, 18, 25	October 23
5 th Series	Nov. 6 (arrive at 5:00 pm), 13, 20, Dec. 4	January 8